



Coach Carly Academy

Loose Lead Walking Guide & Owner Checklist

Loose lead walking is about teaching your dog to choose to stay close because it is rewarding, not because the lead is keeping them there.

Equipment Checklist

- Comfortable Y-front harness or flat collar
- Fixed lead (1.5–2 m)
- High-value treats
- Treat pouch
- Quiet practice location

Training Checklist

- Reward your dog for choosing your side
- Mark before the lead becomes tight
- Deliver treats beside your leg
- Keep sessions 3–5 minutes
- Stop if the lead tightens and wait for slack
- Change direction to keep engagement
- End while your dog is still successful

Progression

- Garden or driveway
- Quiet street
- Residential walk
- Park with mild distractions
- Busier environments
- Cafés and public spaces

Common Mistakes

- Pulling the dog back
- Walking too fast
- Practising in busy places too soon
- Rewarding after pulling
- Sessions that are too long

Success Signs

- Loose lead most of the walk
- Dog checks in voluntarily
- Calm body language
- Handler relaxed
- Enjoyable walks for both

Coach Carly Tip: Reward the position you want. Every loose lead step is an opportunity to reinforce calm, connected walking.